



Sesame grilled asparagus rafts



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 2 oz asparagus spears
- ☐ 2 tbsp sesame oil
- ☐ 1 tbsp soya sauce
- ☐ 1 garlic clove crushed
- ☐ 2 tbsp sesame seed

Equipment

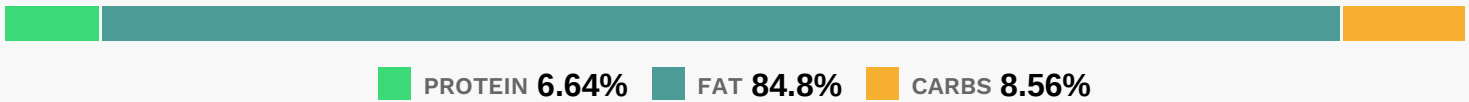
- ☐ bowl
- ☐ frying pan

- ☐ grill
- ☐ skewers
- ☐ tongs

Directions

- ☐ With one hand, hold an asparagus stalk at its base. Bend the stalk over with your other hand the asparagus will break where the woody part ends and the tender part begins. Discard the base.
- ☐ Place 4 or 5 asparagus stalks next to one another. Skewer them crosswise in two places just below the tips and 3cm from the bottom with slender bamboo skewers. You will end up with something that looks like a raft.
- ☐ In a small bowl, combine the sesame oil, soy sauce, garlic and sesame seeds and stir with a fork to mix.
- ☐ Brush this mixture on the asparagus rafts on both sides. Season the asparagus with a little salt and lots of pepper.
- ☐ Grill the asparagus on a barbecue or in a griddle pan for 4–5 mins per side, turning with tongs.
- ☐ Sprinkle with sesame mix as they grill.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.37, Inflammation Score:-2, Nutrition Score:3.4095651740613%

Flavonoids

Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 94.32kcal (4.72%), Fat: 9.26g (14.25%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 2.1g (0.7%), Net Carbohydrates: 1.22g (0.44%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 252.28mg (10.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.63g (3.26%), Copper: 0.22mg (10.94%), Manganese: 0.17mg (8.4%), Vitamin K: 6.86µg (6.53%), Iron: 1.08mg (5.99%), Calcium: 49.53mg (4.95%), Magnesium: 19.77mg (4.94%),

Phosphorus: 42.67mg (4.27%), Vitamin B1: 0.06mg (4%), Fiber: 0.88g (3.52%), Vitamin B6: 0.07mg (3.34%), Folate: 12.57µg (3.14%), Zinc: 0.45mg (3.02%), Selenium: 2.02µg (2.88%), Vitamin B3: 0.52mg (2.62%), Vitamin B2: 0.04mg (2.28%), Vitamin A: 107.63IU (2.15%), Vitamin E: 0.27mg (1.8%), Potassium: 62.24mg (1.78%), Vitamin C: 1.03mg (1.25%)